

**Training Outline (Parents)**  
**Training Time: 1-2 hours**  
**Target Audience: For all parents.**

- I. Welcome and Prayer**
- II. Background Information**
  - a. Offer pastoral care to victims of abuse
  - b. Provide education to clergy on abuse issues
  - c. Educate adults and children on abuse prevention
  - d. Teaching anti-victimization skills
- III. Warning**
  - a. This presentation is intended for adults only
  - b. Children will not hear the following information
- IV. Types of Child Abuse**
  - a. Physical
  - b. Emotional
  - c. Sexual
  - d. Neglect
- V. What is Sexual Abuse**
  - a. Does not have to include penetration
  - b. Being touched in sexual areas
  - c. Shown pornography
  - d. Made to pose for sexual photos
  - e. Subject to unnecessary medical treatment
  - f. Forced to perform oral sex
  - g. Raped or otherwise penetrated
  - h. Fondled, kissed or held in a way that makes a child feel uncomfortable
- VI. How Big is the Problem?**
  - a. 1 out of 4 girls will be sexually abused by the time they are 18
  - b. 1 out of 6 boys will be sexually abused by the time they are 18
  - c. 90% of the victims know their offender and over 60% are family members
- VII. What the Research Shows**
  - a. A study of 67 incarcerated child molesters
  - b. 136 known victims by these 67 molesters
  - c. However, they admitted to 959 victims and over 8000 sexual crimes against children
- VIII. Recognizing Sexual Abuse**
  - a. Sudden or gradual change in the child's behavior, but these changes may also be present in other crisis like death or divorce
  - b. Victims can exhibit a various range of signs, symptoms and behaviors
  - c. There are only two true signs of sexual abuse---pregnancy and Sexually Transmitted Diseases (STD's)
  - d. Know your child
- IX. Signs, Symptoms & Behaviors**
  - a. Avoidance of specific person
  - b. Mood & behavioral shifts before and after meeting someone

- c. Change in sleep patterns
- d. Night sweats and/or nightmares
- e. Changes in eating habits
- f. Unusual fear of being in a particular area of the house
- g. Development of social fears
- h. Unusual aggressiveness towards family and friends
- i. Increased delinquent behaviors in school
- j. Sophisticated sexual behavior inconsistent with child age and development
- k. Fear of undressing in public
- l. Regression of behaviors
- m. Unexplained periods of panic
- n. Depression
- o. Expresses thoughts of suicide and death
- p. Increased talk about an older friend
- q. Bruises or cuts near genital areas
- r. Complains of pain while urinating
- s. Exhibits signs of genital infections or STD's
- t. Sudden increase in health problems
- u. Signs of being pregnant
- v. Engages in persistent sexual play with others
- w. Excessive masturbation

**X. Effects of Sexual Abuse**

- a. Shame, guilt & embarrassment
- b. Confusion towards family relationships
- c. Depression & anxiety
- d. Emotional numbness
- e. Substance abuse
- f. Poor adult relationships
- g. Promiscuity
- h. Possible sexual abuse of others
- i. Gender identity problems
- j. Health problems

**XI. Red Flags**

- a. A person treats your child extra special
- b. Your child has new toys or gifts that you did not buy
- c. If someone enjoys spending more time with your child than you do
- d. Your child speaks knowledgeably of places or activities that you did not do with him
- e. Activities that do not require others to be present
- f. Much older child spends excessive amounts of time with your child
- g. A person continually offers to care for your child to give you a "breather" or time to yourself and often does not want money for watching your child

**XII. What can you do?**

- a. Never leave a child unattended
- b. Use the correct vocabulary for their body parts

- c. Establish home safety rules
- d. Establish school safety rules for when your child is to be picked up in an emergency
- e. Don't advertise your child's name on their belongings or your car
- f. Carry proper ID of your child
- g. Know the people in your child's life
- h. Promote your child's self-esteem
- i. Listen to your child!!

**XIII. REMINDER**

- a. This is NOT Sex education—this is anti-victimization

**XIV. How to Respond to an Outcry**

- a. The first time a child reports is the outcry
- b. Listen, believe, do not blame the victim
- c. You must report all case of abuse to the authorities
- d. Call CPS at 1-800-252-5400
- e. Call 911 if case is an emergency

**XV. What will my child learn?**

- a. How to identify “tricky” behaviors
- b. How to “take three steps back and run like the wind”
- c. What their “bathing suit zone” is and who can touch them there
- d. How to say “no” to an adult
- e. The difference between unsafe secrets and safe secrets
- f. What to do if they are ever touched inappropriately
- g. Internet safety

**XVI. How are they going to learn this information?**

- a. Yello Dyno (Pre4-4<sup>th</sup>)
- b. Child Lures (5<sup>th</sup> -12<sup>th</sup>)